

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Dec. 3, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Reduced holiday gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving ground for the Thanksgiving holiday.

On Wednesday, Nov. 26 the Harford Gate (Route 22) in the Aberdeen Area will close at 10 p.m. and the Wise Road Gate in the Edgewood Area will close at 8 p.m.

The Harford Gate and the Wise Road Gate will reopen at 4 a.m., Monday, Dec. 1.

The Maryland Gate in the Aberdeen Area and the Magnolia Road Gate (Route 152) in the Edgewood Area will be open throughout the holiday weekend.

Send mail to wounded Soldiers

The American Red Cross will allow the public to send holiday greeting cards that aren't addressed to a particular Soldier. The cards will be screened, sorted and distributed to military hospitals and bases nationally and overseas in time for the holidays.

The public can send their greeting cards, with adequate postage and a return address to: Holiday Mail for Heroes, P.O. Box 5456, Capitol Heights, MD 20791-5456.

To speed delivery, mailers should not send care packages, money or any inserts, including glitter. Send cards through Dec. 10.

Cards can also be downloaded from the American Red Cross Web site to print out and send to the program's address.

For more information, visit <http://www.red-cross.org/email/saf>.

KUSAHC closes for the holidays

Kirk U.S. Army Health Clinic will be closed Nov. 27 for the Thanksgiving holiday and on Nov. 28 for a training holiday and will reopen Dec. 1.

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Army promotes first woman to four-star general

Story by

JACQUELINE M. HAMES

Army News Service

Gen. Ann E. Dunwoody became the first female four-star general in the U.S. armed forces at a promotion ceremony Nov. 14 in the Pentagon.

"History will no doubt take note of [Dunwoody's] achievement in breaking through this final 'brass ceiling' to pin on this fourth star," Secretary of Defense Robert M. Gates said during opening remarks. "But she would rather be known and remembered first and foremost as a U.S. Army Soldier."

Gen. George W. Casey Jr., chief of staff of the Army, hosted the ceremony, praising Dunwoody as a "premiere logistician."

He thanked her for her dedicated service to the Army, and wished her well.

"What's happening here today is something our Army can celebrate and take pride in," Gen. Casey said of her achievement.

Gen. Casey and Dunwoody's husband, Craig



Photo by NAVY PETTY OFFICER 2ND CLASS MOLLY A BURGESS

Making history, the nation's first four-star female officer Lt. Gen. Ann E. Dunwoody smiles during her promotion to general, where she was pinned by Chief of Staff of the Army Gen. George W. Casey, left, and her husband, Craig Brochie, during a ceremony at the Pentagon, Nov. 14.

Brochie, pinned on her new rank amidst applause and an enthusiastic "hoo-ah" from the audience.

The promotion ceremony in the Pentagon auditorium was packed with well-wishers, friends and Family.

"We invited everyone but the fire marshal," Gates

said to the standing-room-only crowd.

"Well, thank you," Dunwoody said with a smile after being promoted. "I wish I could begin to describe the incredible feelings of gratitude, humility and love that are absolutely consuming me at this very moment. But

it's impossible."

Dunwoody said she feels fortunate to have lived a life of firsts, and believes the promotion is "as overwhelming as it is humbling."

Dunwoody was the first woman to hold the deputy chief of staff position for the Army G-4 (Logistics),

More focus needed on PII and FOUO awareness

Story by

YVONNE JOHNSON

APG News

Due to findings of a lack of community awareness on Personally Identifiable Information, or PII, and For Official Use Only, or FOUO, the Directorate of Information Management is encouraging

Aberdeen Proving Ground employees to increase efforts to familiarize themselves with these two important communication safeguards.

According to Alice Surette, information assurance security officer, an informed user populace is a major requirement of the

certification/accreditation process.

"We must correct these findings before we can receive a full Authority to Operate the APG Installation Campus Area Network," Surette said.

She said a campaign underway to educate the APG community includes

the distribution of flyers detailing the elements of protecting PII and the usage of FOUO.

PII

"For the military it must be clear that PII is a force protection issue that is a commander's and individual's responsibility to protect," Surette said. "Loss

where she was responsible for ensuring Warfighters had the necessary supplies and services and that logisticians had the tools and equipment necessary to deliver those supplies and services to Soldiers around the world.

As the commander of the Military Surface Deployment and Distribution Command at Scott Air Force Base, Ill., from 2002 to 2004, Dunwoody supported the largest deployment and redeployment of U.S. forces since World War II.

She has also commanded the 407th Supply and Transportation Battalion of the 82nd Airborne Division, Fort Bragg, N.C.; the 10th Mountain Division Support Command, Fort Drum, N.Y.; and the 1st Corps Support Command at Fort Bragg. She deployed during the first Gulf War with 82nd as the Division Parachute Officer from September 1990 to March 1991.

Dunwoody received a direct commission as a second lieutenant after

See **FOUR-STAR**, page 10

of PII represents a security breach that adversely affects our Army as it can be exploited not only by criminals who steal identities of our personnel, but also by our adversaries. Documents requiring protection include alert and guard duty rosters, deployment plans, personnel

See **PII, FOUO**, page 2

Community celebrates a time of giving with Thanksgiving Prayer Luncheon

Story by

YVONNE JOHNSON

APG News

Members of the community celebrated the conclusion of Thanksgiving fundraising efforts by installation senior noncommissioned officers and took in a message from the spiritual leader of the Maryland National Guard during the Aberdeen Proving Ground Garrison's Thanksgiving Prayer Luncheon held at Top of the Bay Nov. 14.

During the program a gift of monetary vouchers, the result of designated offerings by chapel congregations for APG Families, was presented to Garrison Command Sgt. Maj. Pedro Rodriguez by Sgt. 1st Class Irether Gaines, noncommissioned officer in charge, garrison and installation chapels.

"On behalf of the one-hundred and fifty Families we'll be helping this year, I want to thank the post community for coming together to help these Families in a time of need," Rodriguez said.

Garrison and installation Chaplain (Col.) Ruben Colon Jr. hosted the program that included a Thanksgiving message from Chaplain (Col.) William Lee, MDNG.

"Through your contributions we are able to continue with these programs," Colon said. "Thank you for your support."

With the theme, "A Turkey's Perspective on Thanksgiving," Lee talked about how turkey became the traditional meal for the holiday. He compared the annual death of thousands of the birds for Thanksgiving meals to the Bible's Job in which God allows the devil to test the faith of Job, allowing him to take anything but his life.

"Bad things happen to good people for no apparent reason, and this is the same for the turkey," he said. "The infamous turkey of Thanksgiving is misunderstood. Our nation's mascot is the bald eagle but you won't find one on a Thanksgiving table."

"The turkey perspective depends on which turkey you talk to," he asserted. "Perspectives on life are sometimes motivated by fairness and justice. God owes us not one explanation in order to be God. It requires faith. Some of you are going through difficult circumstances that nobody knows about but you and God, just as Job went through terrible circumstances but never lost his faith."

"God is completely committed to us," he concluded, "whatever our contributions."

See **PRAYER**, page 4

FMWR hosts Holiday Arts and Crafts Show December 4

FMWR

Family and Morale, Welfare and Recreation will hold a Holiday Arts and Crafts Show, 10 a.m. to 6 p.m., Dec. 4, at Top of the Bay. This event is free and anyone who has access to the installation can attend.

"We are taking vendors from outside the gate," said Linda Edwards, "but they have to register and obtain a gate pass the day of the event."

"The Holiday Craft Show provides a great opportunity for mem-

bers of the community to get a head start on their holiday shopping. Top of the Bay will be decorated and our staff looks forward to sharing some special treats and entertainment. Stop by for shopping, food, fun and live entertainment," Edwards said.

Vendors who want to participate can register at <http://www.apgmwr.com/Store/artscraftsvendortables.html> to secure their table for \$25.

For more information, call Top of the Bay, 410-278-3062.

Monthly premiums decrease for TRICARE Reserve Select

U.S. DoD Military Health System

Effective Jan. 1, TRICARE will reduce the rates for TRICARE Reserve Select. Monthly premiums for TRS individual coverage will drop 44 percent from \$81 to \$47.51, and TRS Family coverage will drop 29 percent from \$253 to \$180.17.

The 2009 National Defense Authorization Act, section 704, required TRICARE to analyze Reserve Select costs from 2006 and 2007 and set new rates for 2009.

"Now that TRS has been in place for several years, we were able to calculate premiums for 2009 from actual cost data obtained in earlier years," said Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity. "It is important to provide high quality and affordable healthcare coverage for our National Guard and Reserve Families."

Established in 2005, TRS is a premium-based health plan for National Guard and Reserve personnel available for purchase by members of the Selected Reserve who are not eligible for or enrolled in Federal Employee Health Benefit plans.

TRS provides a health plan option to members of the Selected Reserve and their Families when they are not on active duty status. The TRS plan delivers coverage similar to TRICARE Standard and Extra to eligible members who purchase the coverage and pay monthly premiums. TRS also features continuously open enrollment.

"It's an excellent health care option we are proud to offer," Granger said.

For more information about TRS, visit the TRICARE Web site, <http://www.tricare.mil>.

CFC campaign exceeds \$200,000

APG CFC Office

The 2008 Aberdeen Proving Ground Combined Federal Campaign exceeded the \$200,000 mark with 650 donors toward the installation target goal of 3,000 donors participating.

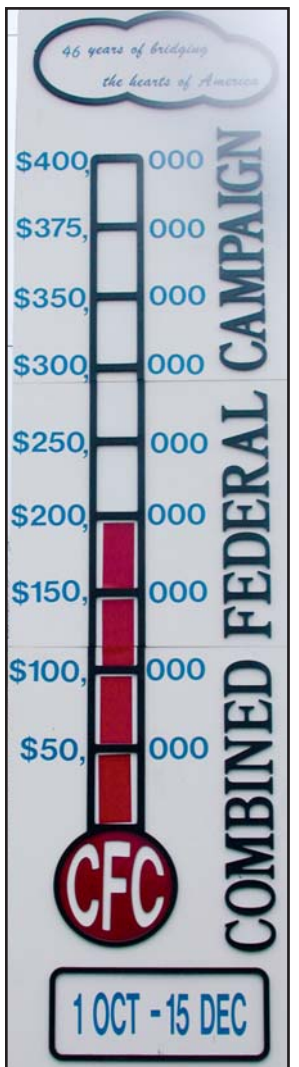
The CFC Office would like to congratulate the Plans and Integration Office, the APG Garrison Directorate of Resource Management, the Directorate of Public Works, the Joint Program Effects Depot, PM, Future Combat Systems Combined Test Organization, the APG Commissary, the U.S. Army Audit Agency and the APG Garrison Public Affairs Office for exceeding both organization and APG Goals.

"We want to thank JPED for outstanding service to the APG CFC Office," said Nancy Sewell, CFC chairperson. "JPED collected hundreds of books and hosted special events [on behalf of this year's campaign]."

The grand prize raffle, which includes a glass globe ball, CD case, pen, pencils and CFC frame, will be drawn Dec. 15.

For more information or to make a contribution, contact a CFC key worker, visit the APG CFC Office in Top of the Bay, Down Under, building 30, or call 410-278-9913.

Photo by RACHEL PONDER





Army News

New centers helping Families of wounded warriors

Story by
LINDAY KYZER
Army News Service

A key component of caring for wounded warriors is taking care of their Families. That’s why Soldier Family Assistance Centers now thrive at 34 Army installations across the globe, officials said.

SFACs are a one-stop shop where wounded warriors and their Families can find assistance and information to get them through a difficult time.

Maj. Gen. John Macdonald, commanding general of the U.S. Army Family and Morale, Welfare and Recreation Command and Delores F. Johnson, director, Family Programs, headquarters, U.S. Army FMWRC, joined bloggers and on-line journalists for a special Warrior Care month blogger’s roundtable to discuss SFACs and other programs available to wounded warriors.

“What we realized is, we often have parents and Families and girlfriends and spouses who come onto our installations where our major treatment centers are,” Macdonald said. “And they’ve never been on an installation. They don’t know which way is up.”

That awareness prompted the Army to create a specialized care system just for Families of wounded warriors. It combines all of the components - from Veterans Affairs to specialized medical care information - and puts them in one accessible place for the Families of Soldiers.

“We find if we reduce that stress of how am I going to get paid, how is my Family going to get



Photo courtesy of U.S. Army Soldiers from the 503rd Infantry in Vicenza, Italy, shoot the rapids as part of the Warrior Adventure Quest event.

housed, and where are my kids going to go to school while they’re here, at Fort Sam Houston, because I’m here in long-term care - when all that stress is reduced, our Soldiers heal much more quickly,” Macdonald said.

Many Families of wounded warriors end up living far from home during their Soldiers’ treatment. That’s why SFACs are designed to offer not just resources and information, but a home base for Families who may be miles away from their usual support system.

“The other piece is just creating a safe haven for Families, on the garrison, where they could meet, mingle and get to know each other, as their warrior is healing through the process,” Johnson said.

In addition to offering care on post, support networks in communities, called Community-Based Warrior Transition Units, offer resources and assistance to Families not located on a military installation. Families can come to the CBWTU for assistance and then continue to

get help in the garrison if they need more extensive support, Johnson said.

A virtual SFAC is offered on the Military One Source Web site for Families looking to find out what kind of support and activities are available in their community.

In addition to the support offered by SFACs, Macdonald spent several moments discussing a recently launched battle-mind training taking place called Warrior Adventure Quest. The program helps Soldiers who have become accustomed to the adrenaline rush that comes from serving in combat to safely deal with the transition to the lower-tempo of civilian life. Soldiers in the program participate in activities such as whitewater rafting, sky diving, rock climbing and snowmobiling.

For more information on SFACs, Warrior Adventure Quest, or other programs offered by FMWRC for Soldiers and Families, visit <http://www.myarmylifetoo.com>.

(Editor’s note: Lindy Kyzer writes for OCPA.)



WARRIOR CARE MONTH - OPEN LETTER TO OUR ARMY COMMUNITIES

In the month of November, Americans traditionally reflect on the service of our nation’s veterans past and present - and give thanks for the freedoms we enjoy because of their courage and sacrifice. Fittingly, the Department of Defense has designated November as “Warrior Care Month,” “taking stock of the advances we have made in treating our servicemen and women and, equally importantly, reaffirming to our troops our country’s commitment to care for our wounded, ill and injured Soldiers and their Families.

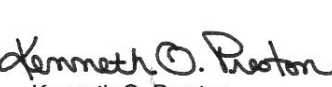
Over the past seven years, the United States Army has transformed the way we care for our men and women in uniform. From Soldiers highly trained in self-aid, buddy-aid and combat life-saving techniques, to our combat medics on the battlefield, to our forward-based surgical teams and combat support hospitals, to our medical evacuation personnel and on to our superb regional medical centers overseas and in the United States, the Army’s medical care system provides world-class care for our Warriors. Today, nearly 90 percent of Soldiers injured in battle survive, compared to the 70 percent who survived during World War II. There is no better evidence of our Army’s commitment to taking care of our own. It’s clear, our Army care effort doesn’t start when a Soldier arrives at one of our outstanding hospitals--it begins well before they get to the hospital.


The Army supports its Wounded Warriors and their Families through the entire recovery, rehabilitation, and reintegration process to ensure all their needs are fully met. Our 36 installation-based and nine community-based Warrior Transition Units provide individualized care for Soldiers and their Families. These efforts ensure Soldiers can heal and successfully transition-back into the Army or into civilian life-according to the best interests of the individual and their Family. For our most seriously injured Warriors and their Families, the Army Wounded Warrior Program offers dedicated and ongoing support, providing them a place to turn for help as their needs change over time. In addition, we are working daily to improve coordination between the Department of Defense and the Department of Veterans Affairs so our Soldiers and Families receive the full range of benefits they so clearly deserve.


This progress has come with the help of volunteers across America. So many have opened up their hearts and offered their time and volunteer efforts on behalf of our wounded, ill and injured Soldiers and their Families. They deserve our gratitude for their extraordinary work.

Warrior Care Month is a time for us to tell this story, the full story of Army care, throughout our Army Family. It is a story that touches every Soldier, every Family, and every community. Aside from the war and the defense of our nation, providing the highest quality care and support to our Soldiers and their Families remains the Army’s number one priority. No Soldier or Family should ever feel alone in their recovery.

We know there is more to be done. Meeting our obligation to Wounded Warriors and their Families will take the sustained efforts of not only the Army, but the nation as a whole. Working together, the Army and our partners will ensure our Warrior Care programs are worthy of the sacrifices made by our Soldiers and Families in service to our great nation.


Kenneth O. Preston
Sergeant Major of the Army


George W. Casey, Jr.
General, United States Army
Chief of Staff


Pete Geren
Secretary of the Army

PII, FOUO

From front page

actions and organizational charts.”

Leonard Blake, installation information manager, DOIM, said that any PII needs to be protected.

“The bad guys really do exist, and they’re dangerous because a lot of us don’t know who they are,” Blake said. “Supervisors can have a lot of PII in their possession and not even realize it. Even small pieces of personal information such as an individual’s birthday or home of record needs to be protected. These small pieces of personal information when put together can lead to identity theft and worse. The bottom line is people need to realize that they need to be protective of personal information.”

Violations include the prominent display of alert rosters or personnel contact listings; personnel files kept on desks and not in secure file cabinets; birthday listings and any unsecured documents containing social security numbers.

“This directive to increase security is coming from the executive level and includes all of the Department of Defense,” Blake said. “Specifically at APG, the community needs to know

that not enough are taking it seriously.”

He added that many companies contrive to gain personal information from individuals for verification purposes.

“They will ask for your birthday, favorite pet, the high school you graduated from and other questions,” he said. “It’s up to you to trust those sites. Anyone feeling like they are being targeted for identity theft should contact the Staff Duty Officer who will connect you to the APG police [Directorate of Law Enforcement and Security]. They will know exactly what to do.”

PII that must be protected includes, but is not limited to, the following:

- Full name
- Social Security Number
- Telephone number
- Street address
- E-mail address
- Vehicle/car registration number
- Driver’s license number
- Face, fingerprints or handwriting
- First school
- Mother’s maiden name
- Pet’s name
- Town of birth
- Year of birth
- University attended
- First job
- Father’s job
- Spouse’s name

- Names of children

FOUO

“If it has to be out, mark it FOUO,” Blake said. “We want people thinking in the security mindset,” he added. “With base realignment and closure approaching, the need is even more urgent.”

According to Army Regulation 25-55, FOUO is a designation that is applied to unclassified information which is exempt from mandatory release to the public under the Freedom of Information Act.

Army Regulation 380-5 directs that such documents will be marked “For Official Use Only” in letters larger than the text, at the bottom of the front cover, the title page, the first page and the outside of the

back cover.

Pages of the document which contain FOUO information will be marked “For Official Use Only” at the bottom.

Material other than paper documents, for example, slides, computer media, films, etc., will bear marking which alert the holder or viewer that the material contains FOUO information.

Information which can be withheld from release if requested by a member of the public:

- Information which is currently and properly classified
- Information which pertains solely to the internal rules and practices of the agency
- Information specifically exempted by a statute establishing particular criteria for withholding. The language of the statute must clearly state that the information will not be disclosed
- Information such as trade secrets and commercial or financial information obtained from a company on a privileged or confidential basis, which if released, would result in competitive harm to the company, impair the government’s ability to obtain like information in the future, or protect the government’s interest in compliance with program effectiveness
- Intra-agency memoranda which are deliberative in nature (This exemption is appropriate for internal documents which are part of the decision making process and contain subjective evaluations, opinions and recommendations.)
- Information, the release of which could reasonably be expected to constitute a clearly unwarranted invasion of the personal privacy of individuals
- Records or information compiled for law enforcement purposes that:
 - * could reasonably be expected to interfere with law enforcement proceedings
 - * would deprive a person of a right to a fair trial or impartial adjudication
 - * could reasonably be expected to constitute an unwarranted invasion of personal privacy of others
 - * disclose the identity of a confidential source
 - * disclose investigative techniques and procedures
 - * could reasonably be expected to endanger the life or physical safety of any individual
- Certain records of agencies responsible for supervision of financial institutions
- Geological and geophysical information concerning wells

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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APG Outdoor Journal

Commentary: Giving thanks when thanks are due



Photo by GEORGE "BART" ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT

By **BILL ARMSTRONG**
APG Wildlife and Marine Law Enforcement Division

Here of late I've been spending most of my time moseying around the installation "keeping an eye" on our hunters; trying to keep them safe and out of harm's way. The other day, long about supper-time, I found myself on the Aberdeen Area side, down around Michaelsville. As I was making my way down one of the back roads, I noticed what looked like a grove of walnut trees growing just off the road. Stopping, I got out, wondering how old they were and if perhaps someone had intentionally planted them. As I walked over and got closer to the trees, I came upon

the foundation of an old home-place, all grown over with vines and brush. Out back of the place I came across a hand-dug well and the remains of an old underground food cellar. Next to it was a gnarled and twisted apple tree, still alive and standing after all this time. Just guessing I'd say it had to be well over 100 years old. As I was standing there in the fading light, taking in the scene and trying to imagine what the place must have looked like back in the old days, my reverie was broken by my stomach growling. Like I said it was getting pretty close to supper-time, and for those of you who know me, you know I ain't one to let my supper get cold, so I started back to the truck, with visions of a pot roast on my mind. Well sir, one thing kinda led to another and I got to studying about Thanksgiving and wondering about how the folks back then must have celebrated it, what with no TV and no football games to watch. I mean, what did they do besides eat? Well, that thought pretty much stayed with me as I headed home up I-95, until suddenly the thought came to me. I mean there they

were on Thanksgiving, the growing season was over and the crops were in, there was probably a couple of deer and maybe a goose or two hanging in the smokehouse; they had shelter for the winter and plenty of wood for the fire, plus all the kids were gathered round...hey, what more could you ask for? I'll betcha they probably spent the day enjoying each other's company and counting their blessings. Wow, I thought to myself, what a splendid idea...maybe that's what's wrong with America today. Could it be that we're spending too much time in front of the TV watching football and not enough time enjoying our Family and counting our blessings? Have we forgotten the true meaning of Thanksgiving? Now I know this nation of ours may have some faults but I sure don't see many Americans wading the Rio Grande heading for Mexico, or climbing into a leaky rowboat heading for Cuba, and I ain't saying we need to go "cold turkey" (how's that for a pun at Thanksgiving, huh?) and turn off the TV and stare at each other all afternoon, but how about giv-

ing this some thought. We live in the greatest country in the world, bar none. Where else can you come and go as you want, or say or write whatever you feel is appropriate? Where else can your children grow up, and with a little bit of luck and some hard work, be whatever they want in life...even president of these here United States? Blessings? Are you kidding me? Me thinks we've got a lot of 'em here in this nation of ours.

Maybe we ought to take a lesson from those folks who took up housekeeping down at Michaelsville. Seems to me they knew what Thanksgiving was all about. Maybe that's what's wrong with us today...perhaps we ought to take a moment and thank the good Lord for our many blessings instead of grouching so much about our shortcomings. And while you're at it, you might want to say a few words for our men

and women in uniform too. I'll bet the folks living at Michaelsville did, 'cause they knew that the freedoms they enjoyed back then had been bought and paid for on the battlefield by their kinfolk. And it's the same today, without the sacrifice and courage of our folks in the military, we sure wouldn't have a whole lot to be thankful for. Happy Thanksgiving, and may God bless America.



Panic on the highway!

Installation Safety Office

"Adventures in driving decision making" is brought to everyone by the Installation Safety Office. Read the following scenario and then from the options provided, select the best answer. The correct response is printed upside down.

Situation #10

Imagine, for whatever reason, you've gotten trapped into stopping on a railroad crossing and your engine has stalled. You can't get it started. And guess what – there's a train coming! What should you do?

- A. Act quickly, place in neutral gear and push it off the tracks.
- B. Leave the vehicle and run in the direction the train is coming from.

Answer A. Okay, so you think you're a super hero! If you have a small/compact car, you might be able to push it off the tracks, but you wouldn't have much luck with an SUV. Unless you're very sure, you're much smarter to get away from it. And, by the way, if anyone else is in your vehicle, get them out, too! You should "leave the vehicle and run in the direction the train is coming from." The train is going to throw the debris that was once your car in the direction it's going, so you don't want to be near it or going down the tracks away from it. Maybe you could even run up ahead and try signaling the engineer. That probably wouldn't do any good, but it's worth a try. **Answer B.** Good for you! Your decision to "leave the vehicle and run in the direction the train is coming from" is the wise one. You might even want to carry it a step further and run up ahead and try signaling the engineer. That probably wouldn't do any good, but you have to go in that direction anyway to avoid the flying pieces of your automobile, and it's worth a try. P.S. – If anyone else is in your vehicle, get them out, too.



Health Notes

Health fair attendees hear story of survival

Story by
YVONNE JOHNSON
APG News

World renowned speaker Lillie Shockney took listeners on a journey through her personal experience as a breast cancer survivor during a health fair co-hosted by the U.S. Army Developmental Test Command and Army Evaluation Center Nov. 6.

A two-time breast cancer survivor, Shockney is the administrative director of the Johns Hopkins Avon

Foundation Breast Center. She is a nationally recognized speaker who has appeared as a medical expert on ABC News with Charles Gibson and Yahoo.com, and she was featured in the five-part Discovery Health Channel series, “Nurses.”

Shockney called her presentation ‘Finding Humor Where You Least Expect It – A Nurse’s Personal Experience With Breast Cancer.’

She began by sharing her first exposure to breast

cancer at age 12 when a friend of her mother was diagnosed with the disease. The woman was given five months to live and told to get her affairs in order.

“She said she was going to be too busy living and she lived for twenty-one more years,” Shockney said.

She said the woman taught her the importance of being optimistic.

“You have to find something to laugh about every day,” she said. “Belly laughs activate T-cells which are cancer-fighting cells.”

Noting that only 12 percent of women diagnosed with breast cancer have a Family history of the disease, Shockney said she was 38 when she was first diag-

nosed. She had multiple tumors in her left breast, and she was not a good candidate for breast reconstruction.

“I had a twelve year-old daughter, and I just wanted to live,” she said. “Having a mammogram saved my life.”

She said that she and her husband made a pact that every day they would find something to laugh about.

Shockney shared some of the humorous anecdotes that got her through her ordeals - several regarding adjustment to her prosthesis - frequently eliciting laughter from the audience.

“I’ve had a few bumps in the road since then,” she admitted. “My goal today is to inspire women to do

their self exams and get mammograms.”

During the question and answer session that followed, Shockney answered questions about new studies, research and treatments regarding breast and other cancers and discussed emerging medicines and technology geared toward treatment.

“I think that women should begin paying a whole lot of attention at age twenty and be diligent about self exams,” she said.

At the end of her presentation Shockney received a warm ‘thank you’ from the audience.

One listener in particular, Meg Downey, a human

resources specialist with the Northeast Civilian Personnel Operations Center, said she appreciated Shockney’s candor. Downey said she is currently “dealing with cancer issues.”

“It was nice to hear different stories of how it affects people in different ways,” she said, adding that she was in agreement with Shockney’s take on humor, wellness and attitude being major factors in survival.

“I’m lucky to have a tremendous amount of Family support,” she said. “Life is good. I hope I can go on.”

Joseph E. Althoff, DTC health promotion coordinator, and Lorrie Chieffo, AEC worksite wellness coordinator, hosted the event.

Military Health System extends feedback deadline for wounded, ill or injured service members, their Families

U.S. DoD Military Health System

Wounded, ill or injured service members and their Families now have until Nov. 28 to help Military Health System leadership better understand the needs and expectations of warriors in their care. The deadline for participating in the MHS questionnaires has been extended due to overwhelming response.

The questionnaires—one for wounded, ill or injured service members and one for Family members—are available on the Military Health System Web site, [http://www.](http://www.health.mil)

[health.mil](http://www.health.mil), and will remain open through November. November has been designated as Warrior Care Month.

The questionnaires ask for feedback concerning a service member’s experience and satisfaction with the care he or she has received since becoming wounded, ill or injured.

All questionnaire responses are anonymous to encourage honest and specific answers that will lead to positive changes in how the MHS handles care for wounded, ill or injured service members.

The questionnaires are

part of Defense Secretary Robert Gates’ commitment to supporting wounded, ill and injured service members—ensuring that their care is the Department of Defense’s top priority.

Care is continually improving but MHS leaders recognize that there is still more to be done. By listening to the opinions of wounded, ill or injured service members and their Families, the MHS will be in a better position to meet their needs and expectations.

The online questionnaires are available directly at [http://www.health.mil/](http://www.health.mil/Pages/Page.aspx?ID=18)

[Pages/Page.aspx?ID=18](http://www.health.mil/Pages/Page.aspx?ID=18).

America’s Military Health System is a unique partnership of medical educators, medical researchers, and healthcare providers and their support personnel worldwide. This DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Joint Chiefs of Staff; the Combatant Command surgeons and TRICARE providers (including private-sector healthcare providers, hospitals and pharmacies).

Prayer

From front page

Program highlights included the singing of the national anthem by Patricia Jackson, choir director, Aberdeen Area chapel; the invocation by Chaplain (Capt.) Kurt O’Donnell, 16th Ordnance Battalion;

the benediction by Chaplain (Maj.) Young Kim, deputy garrison and installation chaplain; a prayer for the nation by Chaplain (Maj.) Patrick Basal, U.S. Army Ordnance Center and Schools; a prayer for

the armed forces and Families by Chaplain (Capt.) Chad Davis, 143rd Ordnance Battalion; and scripture readings by Lt. Col. Jonas Vogelhut, Joint Program Manager, NBC Contamination Avoidance and Chaplain (Maj.) Fred Townsend, CRM.

Musical selections were provided by Colby Bearch on keyboard and vocalist Lori Brockmeyer of the Edgewood Area Chapel’s Protestant Service and a trumpet solo of ‘Great is Thy Faithfulness’ by Jari Villanueva, director, MDNG honor guard.

Community Notes

SATURDAY

NOVEMBER 29
FALL FIVE SENSES
HIKE

Come see, smell, taste, touch and hear all that the park has to offer on a crisp fall morning. This program will be held 10:30 to 11:30 a.m. for all ages, under 8 with an adult. The program is free but registration is required.

For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

CHRISTMAS PRIZE
BINGO

VFW Post 8185 located on Route 222, Port Deposit, will hold Christmas Prize Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company. Doors open 6 p.m., Bingo begins 7 p.m. Tickets cost \$10 for all paper cards for 20 games. Special single card packets cost \$5 each for children 8 and under; extra packs cost \$5 each. Tickets are available at the door. Refreshments, toys, gifts, raffles and more will be available. All children must be accompanied by an adult.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Stephanie Gibson, 410-378-2672 or Carrie McCall, 410-378-9169.

SUNDAY

NOVEMBER 30
DISCOVERY WALK

Join a naturalist on a nature walk to discover what creeps, crawls, and flies around Leight Park. This program begins at 10:30 a.m. and is free for all ages. No registration required.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

NATURETALES - AUTUMN

Story time with a nature twist. Come listen to some stories, learn new songs and move like the animals. This program will be held at 3 p.m. and is free for all ages. No registration required.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY
DECEMBER 7
ALL DAY BINGO

The American Legion Auxiliary Unit of Susquehanna Post 135 located on 300 Cherry Street, Perryville, will hold All Day Bingo, 12:30 p.m. Doors open 11 a.m., early bird games 11:45 a.m. Cost is \$25 per person and includes 50 games (all paper cards), meal and free coffee.

SCHOOL LIAISON

HCPS requests assistance
from all parents

Harford County Public Schools requests that all parents return their Impact Aid Forms.

Impact Aid is a federal program that provides funding for a portion of the costs associated with educating children of military personnel.

Most school districts receive funding from state and local property taxes. When military children attend public schools, enrollment is increased but local tax revenue is not generated because Families live and shop on federal property which is not taxed. Therefore, the federal government acts as the local taxpayer by funding the Impact Aid program for local school districts.

HCPS has sent Pupil-Parent Survey forms to parents and many have not been returned. Call Eileen Campbell, APG School Liaison, 410 278-2857, or your child's school secretary with questions.

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail eileen.campbell@apg.army.mil.

A 50/50 raffle will be held for early birds. No one under 18 years of age is allowed in the Bingo Hall. No smoking is allowed.

For more information, call 410-642-2771.

SATURDAY

DECEMBER 13
BREAKFAST WITH
SANTA

The Mt. Ararat Lodge, Nelson J. Briggs Demolay Chapter located on 136 East Gordon Street, Bel Air, will hold Breakfast with Santa, 8 to 11

a.m. There will be gifts for the children from Santa and a gift table available for holiday shopping. Proceeds from gift table supports muscular dystrophy and demolay youth.

Breakfast costs \$6 for adults and \$3 for children ages 12 and under. Photos taken with Santa cost \$6 each and include card and envelope.

Proceeds to benefit boys demolay youth organization.

For more information, to purchase tickets or to reserve a table, call 410-420-1002.

APG closing
announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

2008 Gift Wrap Program

FMWR

The 2008 Christmas Gift Wrap Program is sponsored by AAFES and coordinated by APG Army Community Service Volunteer Corps Coordinator.

Many Aberdeen Proving Ground Family Readiness groups, APG non-profit organizations and APG volunteer activities are participating in this year's program.

From Nov. 28 through Dec. 24, volunteers will be available at the Post Exchange to wrap gifts. Gifts are wrapped for donations. All funds raised benefit the organizations wrapping the gifts.

AAFES will provide the wrapping supplies and the organizations will be providing the labor.

For more information, call Marilyn Howard, ACS, 410-278-9669.

Gift wrapping schedule

November	Organization
28, 11 a.m. to 7 p.m.	APG Sergeant Major Association
29, 11 a.m. to 7 p.m.	B Company, 3-126th, Family Readiness Group
30, 11 a.m. to 7 p.m.	Catholic Youth Chapel, (Aberdeen and Edgewood areas)
December	
1, 11 a.m. to 7 p.m.	389th AMC Band
2, 11 a.m. to 7 p.m.	PM, Better Opportunity for Single Soldiers (BOSS)
3, 11 a.m. to 4 p.m.	APG Sergeant Major Association
3, 4 to 7 p.m.	Army National Guard Company B, 3-126th Aviation FRG
4, 11 a.m. to 7 p.m.	NCOA
4, 7 to 10 p.m.	Air Force
5, 11 a.m. to 5 p.m.	29th Combat Aviation Brigade FRG
5, 5 to 7 p.m.	Youth Services
6, 11 a.m. to 7 p.m.	1st Area Medical Laboratory FRG
7, 11 a.m. to 7 p.m.	MRICD
8, 11 a.m. to 7 p.m.	PM, APG Chapel Religious Education
9, 11 a.m. to 7 p.m.	9th AML Family FRG
10, 11 a.m. to 7 p.m.	S&S Bn, National Guard FRG
11, 11 a.m. to 7 p.m.	HHC 61st Ordnance Brigade FRG



Chapel News

Commentary: On giving thanks

By
**CHAPLAIN (COL)
RUBEN D COLON JR.**
USAGAPG

During the offering time at a church worship service a pastor noticed the collection plates were missing and so he decided to pass his hat around. The hat went around the packed congregation only to return empty. The pastor, noticing the hat empty, calmly turned towards the altar to order the offertory prayer, and said “Lord, thank

you, for they have at least returned my hat.” Although humorous there is something pointed that can be said about this story. Yes, the amount you put in the collection basket can be a measure of your gratitude for life and all its blessings - one way of saying, “Thank you, Lord!” But, what really matters is the level of sincerity behind your gift. Unfortunately, when it comes time to sincerely thank God for the blessings of his caring, loving

and healing presence in our life, many of us often seem ready to avoid the subject. We become too self centered and believe that it’s all about us and no one else. Years ago when the pilgrims came together to celebrate the first Thanksgiving, they brought their own special kinds of foods as gifts in appreciation of the community they had established. They understood that it wasn’t about the “them” any longer, but about others. The

‘new’ Family they had established. Thanksgiving is not about us, but humbly recognizing how truly blessed we are to have the Almighty give us wonderful friends and Family, and all the blessings we enjoy in this life. Don’t avoid it this year, give thanks for what has been and continues to be meaningful. As Psalm 107 reminds us, “Give thanks to the Lord, for he is good, and his mercy endures forever.”

Chapel hosts Nativity scene exhibition, St. Nicholas celebration

The Protestant and Catholic Religious Education Programs will sponsor a nativity scene exhibition and a St. Nicholas Celebration, 3 to 5 p.m., Dec. 7, in the Main Post Chapel Fellowship Hall. Everyone is encouraged to bring and display their nativity set for the exhibition. Exhibitors can set up their nativity scene at 3 p.m. in the Fellowship Hall. Bring Family and friends and enjoy an educational and fun afternoon viewing nativity sets from the United States and various countries, with warm refreshments, Christmas stories, videos, singing, prizes, bags of goodies and more. For more information, call Olivia Wheaton, Sandra Hohmann, Religious Education coordinators, or Gerri Merkel, 410-278-2516 or e-mail gerri.merkel@conus.army.mil.

Holiday worship services Nov. 30 through Jan. 1

Main Post Chapel (Aberdeen Area)			
Catholic			
Sun., Nov. 30	Advent mass	8:45 a.m.	
Sun., Dec. 7	Advent mass	8:45 a.m.	
Mon., Dec. 8	Holy Day mass	6:30 p.m.	
Sun., Dec. 14	Advent mass	8:45 a.m.	
Sun., Dec. 21	Advent mass	8:45 a.m.	
Thur., Dec. 25	Christmas mass with Nativity Pageant	9 a.m.	
Sun., Dec. 28	Mass	8:45 a.m.	
Wed., Dec. 31	Vigil mass	6:30 p.m.	
Protestant			
Sun., Nov. 30	Advent worship	10:15 a.m.	
Sun., Dec. 7	AMC Band/Advent	10:15 a.m.	
Sun., Dec. 14	Christmas Cantata	10:15 a.m.	
Sun., Dec. 21	Advent worship	10:15 a.m.	
Wed., Dec. 24	Combined Christmas Eve Candlelight Service	7 p.m.	
Sun., Dec. 28	Worship	10:15 a.m.	

Gospel			
Sun., Nov. 30	Advent worship	12 p.m.	
Sun., Dec. 7	Worship	12 p.m.	
Sun., Dec. 14	Worship	12 p.m.	
Sun., Dec. 21	Worship	12 p.m.	
Wed., Dec. 24	Combined Christmas Eve Candlelight Service	7p.m.	
Sun., Dec. 28	Worship	12 p.m.	
Wed., Dec. 31	New Year’s Eve Watch Night Service	10 p.m.	
Edgewood Area			
Catholic			
Sun., Nov. 30	Advent mass	10:45 a.m.	
Sun., Dec. 7	Advent mass	10:45 a.m.	
Mon., Dec. 8	Holy Day mass	12 p.m.	
Sun., Dec. 14	Advent mass	10:45 a.m.	
Sat., Dec. 20	Holiday dinner	5:30 p.m.	
Sat., Dec. 20	Post Stable Liturgy	7 p.m.	
Sun., Dec. 21	Advent mass	10:45 a.m.	

Thu., Dec. 25	Christmas mass	11:15 a.m.
Sun., Dec. 28	Mass	10:45 a.m.
Thur., Jan. 1	Holy Day mass	10 a.m.
Protestant		
Sun., Nov. 30	Advent worship	9:15 a.m.
Sun., Dec. 7	Advent worship	9:15 a.m.
Sun., Dec. 14	Advent worship	9:15 a.m.
Sun., Dec. 21	Advent worship	9:15 a.m.
Wed., Dec. 24	Combined Christmas Eve Candlelight Service	7 p.m.
Sun., Dec. 28	Worship	9:15 a.m.
Ecumenical		

(Protestant and Catholic), Nativity Scene/Crèche Exhibit and St. Nicholas Celebration, Sunday, 3 to 5 p.m., Dec. 7, at the Main Post Chapel. *Please note: The Candlelight Service is ecumenical on Wed., 7 p.m., Dec. 24 at the Main Post Chapel. Everyone is welcome.*

POST SHORTS

Kirk U.S. Army Health Clinic will be closed for the KUSAHC staff Family holiday party, noon until 4:30 p.m., Dec. 11. Patients should plan accordingly for any medication needs.

Since there is no Emergency Room at KUSAHC, call 911 for true emergencies. For medical services needed after hours, weekends or federal holidays, contact Staff Duty, 410-278-1725. The Staff Duty Officer will coordinate patient’s care with the Medical Officer of the Day. To avoid Point of Service copayment charges, patient will need authorization and/or a referral to go to any urgency clinic. Emergency Rooms do not require a referral.

CFC book, movie fair continuing

Due to popular demand, the first annual Combined Federal Campaign book and movie fair will continue through Dec. 12. The fair is located in building 30, Top of the Bay/Down Under. Soft cover books will sell for \$.50, hard covers for \$1 or slightly more. Movies, VHS and DVD, are \$1. There are several hundred books, many mystery or romance, nearly new. Gatorade, water, health bars and chocolate cookies are also for sale. Profits from the sales will go to the Catholic Charities, which helps the needy.

Anyone who enjoys both reading and bargain prices should stop by between 8 a.m. and 4 p.m. For more information, call CFC, 410-278-9913/9917.

FEHB open season

The Federal Employees Health Benefits Open Season runs through Dec. 8. Employees who wish to change their health benefits carrier should visit <https://www.abc.army.mil> or call 1-877-276-9287. Changes

become effective Jan. 4, 2009. For more information, contact Teri Wright, Civilian Personnel Advisory Center, 410-278-4331, teri.wright@us.army.mil.

NAF open season through Nov. 28

The Nonappropriated Fund Open Season for regular fulltime and part-time employees runs through Nov. 28. DA NAF Benefits has forwarded information to qualified employees to their home address. Employees should review these materials carefully because there are some important benefit changes. Employees can also access this information at www.NAFBENEFITS.com. All changes must be processed before the close of business Nov. 28. Changes will be effective Jan. 1, 2009.

For more information or to update employee records, call NAF Human Resources, 410-278-5127/8994.

Thanksgiving Day specialty meal

The Thanksgiving Day Specialty Meal for all military personnel will be held in the Aberdeen Area dining facility, building 4219 and the Edgewood Area dining facility, building E-4225, 11:30 a.m. to 2:30 p.m., Nov. 27. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine, 1 to 2:30 p.m. The holiday meal rate of \$6.35 applies to any officer, enlisted member and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$5.40 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal. The Thanksgiving Day Specialty Meal Menu includes hearty turkey and

wild rice soup, shrimp cocktail, savory roasted turkey, orange honey glazed baked ham, carved to order steamship round, apple and sausage cornbread dressing, savory bread dressing, fluffy mashed potatoes with giblet gravy, candied yams, buttered corn, green beans almondine, assorted salad bar, bacon and tomato salad, cucumber salad, waldorf salad, cranberry sauce, hot rolls, apple pie, pumpkin pie, pecan pie, cherry pie, fresh fruit, hard candy, mixed nuts, soft serve ice cream with assorted toppings, assorted beverages and egg nog. Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-306-1393/1398.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Dec. 4, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on performance-based contracts. Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line at (410) 272-8842 or (800) APG-9998.

Free American Sign Language class offered

A free American Sign Language class will be taught 11:30 a.m. to 12:30 p.m. every Tuesday, through Dec. 16. The class will be held at Edgewood Area building E-2100 Conference Center/Classroom. Sign language will be taught for beginners and more advanced students. Students are welcome to bring their lunch and eat it during class. To receive credit for the class, students may submit form DD 1556. Students

must complete at least 10 classes in order to receive credit. For more information or to register, call BethAnn Cameron, 410-436-7175.

Holiday Extravaganza, tree lighting ceremony

Army Community Service will host the annual Holiday Extravaganza and tree lighting ceremony 6 to 8:30 p.m., Dec. 3 at the Aberdeen Area Recreation Center, building 3326. The tree lighting is at 6 p.m. inside the Recreation Center. Free photos with a “special guest” in his red suit starts at 7 p.m. Since this is a free ticketed event, tickets can be picked up from ACS building 2754, 8 a.m. to 5 p.m., Monday through Friday. For more information, call 410-278-4372/7572.

Army 4th Annual Leadership Symposium

Registration is open through Dec. 17 for the Army Management Staff College 4th Annual Leadership Symposium: Navigating New Challenges, Jan. 27 to 29. The AMSC is located on 5500 21st Street, building 247, Fort Belvoir, Va. Guest speakers will share their perspectives on leadership and executive development. World-renown authors, motivational speakers and government officials will conduct workshops on effective communication, understanding an individual’s importance to the organization, and finding balance in life. Participants can learn to make a difference in their organization and the federal government. Cost of the workshop is \$50 per person and includes admission, meals, busing and workshop materials. Professional attire for military is ACU and business casual for civilians. For a schedule of speakers, travel information,

registration cost and more, visit <http://amscportal.belvoir.army.mil/Symposium/index.jsp>. For more information, call AMSC Operations, 703-805-4747/4744, or e-mail amscsymposium@conus.army.mil.

CECOM commander to speak at AUSA/AFCEA luncheon

The Aberdeen Chapters of the Association of the U.S. Army and the Armed Forces Communication and Electronics Association with support from ITEA invites everyone to attend their monthly luncheon, 11 a.m. to 1 p.m., Nov. 25 at Top of the Bay. Guest speaker will be Maj. Gen. Dennis L. Via, CECOM Life Cycle Management Command, Fort Monmouth, N.J. Meetings are open to non-members and members. Cost of the luncheon is \$15 per person, (cash or check only) and includes lunch. Official registration is on a first-come first-served basis. For more information or to RSVP, e-mail Valerie, vlk@orsacorp.com or Joanne, evans1117@comcast.net.

New arrivals required to attend Newcomers’ Orientation

All newly arriving Soldiers and civilian employees are required to attend the APG Newcomers’ Orientation, 1 to 3 p.m., Nov. 12 at the Aberdeen Area Recreation Center, building 3326. Sponsors are encouraged to bring their Family members, and all members of the APG community are welcome to attend. More than 50 APG community activities and organization representatives will welcome arrivals with handouts and literature and will answer questions regarding their programs. Each unit/activity is

requested to report the number of attending personnel to Phyllis Ethridge, Army Community Service, building 2754, 410-278-9669/7572, fax 410-278-9685 or e-mail Phyllis.ethridge@us.army.mil.

CPR Classes

Aberdeen Proving Ground Fire and Emergency Services offer CPR classes on APG. Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month. In the Edgewood Area, classes will be held at the Conference Center, building E-4810, Feb. 18, April 15, Aug. 26, Oct. 21 and Dec. 16. In the Aberdeen Area, classes will be held at the Post Theater Jan. 21, March 18, May 20, July 15 and Nov. 18.

Class size will be limited to 30 participants and will be filled on a first-come first-served basis. Pre-registration will be required. For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail raymond.b.campbell@us.army.mil.

Annual Army Science Conference December 2008

The 26th Army Science Conference will be held Dec. 1 through 4, at the JW Marriott Orlando Grande Lakes, Orlando, Fla., www.asc2008.com. The theme is Transformational Army Science and Technology-Harnessing Disruptive S&T for the Soldier. The conference agenda will focus on autonomous systems, biotechnology, immersive technology, nanotechnology, network science, neuro-science and quantum information science. For more information, call Jayne Ashe, CMP, TMP Design Corporation, 757-357-4011 or fax 757-357-5108. (Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)



FAMILY, MORALE, WELFARE & RECREATION

FMWR facilities holiday hours

ACTIVITY	Thursday Nov. 27	Friday Nov. 28	Saturday Nov. 29
ARTS & CRAFTS EA	CLOSED	CLOSED	CLOSED
ATHLETIC CENTER	10 - 6 p.m.	10 - 6 p.m.	REGULAR SCHEDULE
AUTO CRAFTS CENTER	CLOSED	9 - 5 p.m.	REGULAR SCHEDULE
ODR RENTAL CENTER	CLOSED	CLOSED	CLOSED
FITNESS CENTER AA	CLOSED	CLOSED	REGULAR SCHEDULE
HOYLE GYM/FITNESS CTR	10 - 6 p.m.	10 - 6 p.m.	REGULAR SCHEDULE
LIBRARY	CLOSED	CLOSED	REGULAR SCHEDULE
FMWR LEISURE TRAVEL	CLOSED	11 - 6 p.m.	REGULAR SCHEDULE
RECREATION CENTER AA	3 - 11 p.m.	Noon - 11 p.m.	REGULAR SCHEDULE
SNACK BAR AA	3: 30 - 10 p.m.	Noon - 10 p.m.	REGULAR SCHEDULE
RECREATION CENTER EA	3 - 11 p.m.	3 - 11 p.m.	3 - 11 p.m.
SNACK BAR EA	3:30 - 10 p.m.	3:30 - 10 p.m.	3:30 - 10 p.m.
SOUTH SIDE GRILL (Lunch)	CLOSED	11:30 - 1 p.m.	REGULAR SCHEDULE
TOP OF THE BAY	CLOSED	CLOSED	REGULAR SCHEDULE
BOWLING	CLOSED	5 - 10 p.m.	REGULAR SCHEDULE
RUGGLES	CLOSED	Regular hours	REGULAR SCHEDULE
EXTON	CLOSED	Regular hours	REGULAR SCHEDULE
CYS SERVICES*	CLOSED	CLOSED	REGULAR SCHEDULE
ARMY COMMUNITY SVC	CLOSED	Regular hours	REGULAR SCHEDULE
*CYS Services facilities are: Child Development Centers, Youth Centers/School-Age Services programs and Family Child Care homes.			

Activities/Events

Holiday Arts and Crafts Show

Family and Morale, Welfare and Recreation will hold a Holiday Arts and Crafts Show, 10 a.m. to 6 p.m., Dec. 4, at Top of the Bay. This event is free and open to the public. Stop by for shopping, food, fun and live entertainment. Vendors who want to participate can register at <http://www.apgmwr.com/Store/artscraftsvendortables.html> to secure their table. Cost is \$25 for a table.

For more information, call Top of the Bay, 410-278-3062.

Holiday golf sale at Ruggles

Stop by Ruggles Pro Shop Nov. 24 through Dec. 24 and save on a great selection of apparel and equipment.

The sale includes 50 percent off of all Ashworth apparel; 40 percent off select group of Footjoy Outerwear; and 50 percent off select group of men's short-sleeved shirts.

All regular priced irons, wedges and bags are 10 percent off. Gift certificates for lessons are a great stocking stuffer.

For more information, e-mail david.correll@us.army.mil. Hours of operation are 7 a.m. to 5 p.m. every day.

Shop at Potomac Mills Nov. 29

Feel like a little bargain hunting for this year's Christmas shopping? Potomac Mills Shopping Outlets offers more than 200 of the best brand names to help save this year. Travel to

Potomac Mills Shopping Outlets Nov. 29. The bus will depart Edgewood Best Western at 7:45 a.m. Cost of the trip is \$29 per person. Space is limited, reserve tickets today.

For more information or to purchase tickets, call FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907, or e-mail apgr-usag-mwr-liesuretravel@conus.army.mil.

Radio City Christmas Spectacular in Baltimore

Tickets are available for the Radio City Christmas Spectacular starring the Rockettes at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. Shows available include

7:30 p.m. on Dec. 2, 3 and 4; 2 p.m. or 7:30 p.m. on Dec. 5; 10 a.m., 1 p.m., 4:30 p.m. or 8 p.m., Dec. 6; and noon, 3:30 p.m. or 7 p.m., Dec. 7.

Tickets cost \$75, \$58 or \$30 (floor – middle or uppers)

Children 2 and younger do not need a ticket if seated on parent's lap.

Tickets are limited and by availability; no guaranteed seating other than floor, middle, and uppers. For Pre-ordered tickets only.

For more information, call MWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

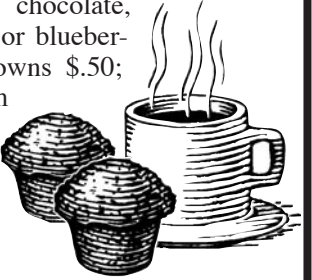
Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com. All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

Grab a bite on the way to work Bowling Center now serving breakfast

The Aberdeen Proving Ground Bowling Center, building 2342, is now serving breakfast 7 to 11 a.m., Monday thru Friday.

Menu items include bacon, egg, and cheese sandwich \$2.25; bacon, egg and cheese bagel \$2.50; Steak, egg and cheese sandwich \$2.75; steak, egg and cheese bagel \$3.50; plain or cinnamon-raisin bagels \$1.25; chocolate, chocolate chip, banana nut or blueberry muffins \$2.35; hash browns \$.50; and coffee \$.70 medium and \$1.40 large. Subject to change. Orders can be eat-in, carry out or made in advance by calling 410-278-4041 after 7 a.m.



SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Private guitar lessons

Private guitar lessons for ages 7 through 18 will be held 3:30 to 7 p.m., Dec. 16, Tuesdays, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30-minute session per week for four weeks. Students must provide their own guitar and

also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents can choose which time frame session they want to sign up for when they register their child. Open to all DoD ID card holders.

Private voice lessons

Ages 7 and older can register for private voice lessons, 3:30 to 7 p.m., Tuesdays, through Dec. 16, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary. Singing lessons cost \$132 per student and includes one 30-minute session per week for four weeks. Parents choose

which time frame session they want to sign up for when they register their child.

Open to all DoD ID card holder Family members.

Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 5:45 to 6:30 p.m., Thursdays, Jan. 15 through March 5, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

Hands-on creativity is the theme as children explore, paint, clay, color, texture, and in shapes. Dress little ones in old clothes or smock and be prepared for a messy good time. Parent participation required.

Cost is \$60 per student for eight weeks.

Bowlers resume quest for perfect games

Story and photo by YVONNE JOHNSON
APG News

League play at the Aberdeen Proving Ground Bowling Center resumed in October after a five-week delay due to ongoing construction and renovations. There are three active leagues and more slated to activate, and with the finished new lanes and décor, along with a fully-functional grill, bowlers are excited about the upcoming season.

One bowler in particular, U.S. Marine Corps Staff Sgt. Christopher Michael Bush, who bowls on the Thursday Night National Guard mixed league, hopes to pick up where he left off at the end of the last bowling season.

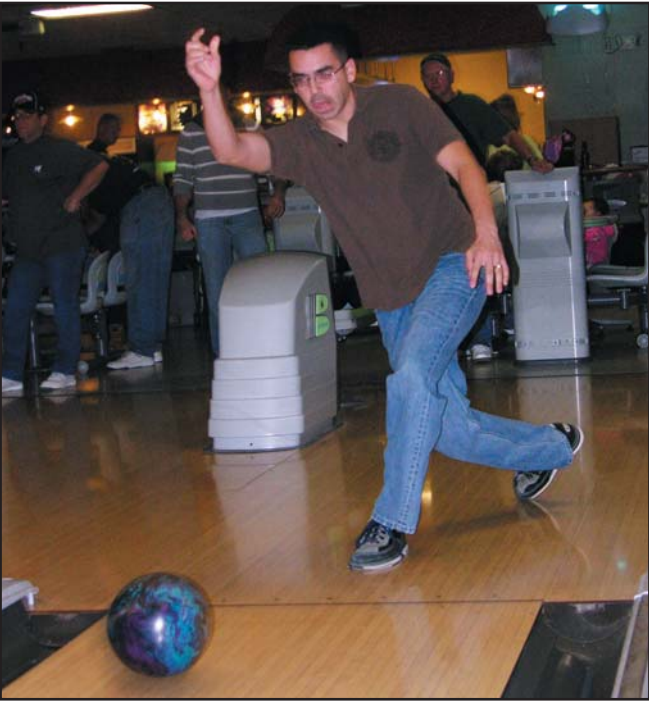
Bush bowled a 300 game in the spring, the first perfect game in two years at the APG Bowling Center. With an average of 191, he bowled an 800 series with scores of 230 and 276 prior to the 300 game.

"I was just on fire that night, although the lanes were not cooperating," Bush said, adding that throughout the evening the ball return kept malfunctioning. Despite that, he said he was focused and was not even thinking about a perfect game until around the seventh frame.

"That's when I began thinking about it, and then I tried not to think about it," he said.

He played 'Tetris' on his cell phone between turns to relax himself but by the 10th frame, with fellow bowlers looking on but trying not to rattle him, he began to feel the tension.

"It was very tense," he



In the spring, U.S. Marine Corps Staff Sgt. Christopher Michael Bush who bowls on the Thursday Night National Guard mixed league at the APG Bowling Center bowled an 800 series with scores of 230 and 276 prior to his perfect 300 game.

said. "On that last ball I was shaking. I just kept talking to myself and telling myself 'It's just another shot.'"

Bush's wife, Jen, who bowls with him on their team Bomb Squadron, was home taking care of their then 8 month-old daughter Abby that evening.

"I'd usually be here every night but I missed that one night," Jen Bush said, adding that he called her right away.

"He was so cool about it, I had trouble believing it at first," she said.

It was exciting but exhausting, Chris said. A bowler since childhood, he said it was his first perfect game and he thanked his partners, who excitedly congratulated him as soon as it was all over.

Coincidentally, Bush bowls on the same league

as the last person to bowl a perfect game before him, Rob Carpenter, a laboratory technician with Kirk U.S. Army Health Clinic who bowled a 300 in 2006. The two also bowl together on summer leagues.

Carpenter, who was there for the final two frames, said he understood the concentration Bush had to muster.

"I understood exactly what he was going through," he said. "When I got to that last frame, I was shaking too."

Slots are available for the Tuesday Night and lunch-time leagues as well as the Saturday youth leagues.

For more information, contact the APG Bowling Center, 410-278-4041 or visit the APG Family and Morale, Welfare and Recreation Web site, <http://www.apgmwr.com>.

APG Bowling Center activities

November Military Family Month

Since November is Military Family Month, when a Military Family comes in to bowl between 1 and 11 p.m. any Saturday in November, they will receive one hour of bowling for \$15 including shoe rental. Up to eight Family members can share a lane. This will be on a first-come, first-served basis.

Reservations are being taken.

The Bowling Center would also like to invite everyone to meet their new mascot, Pin Head.

Bowling specials are for personnel with military, civilian or contract ID.

For more information, call 410-278-4041.

APG Bowling Center Snack Bar specials Building 2342

Week of Nov. 24

No specials this week.

Week of Dec. 1

Special #1: Bacon, lettuce and tomato sub with french fries, cookie and soda for \$5.25.

Special #2: Hot dogs with french fries, cookie and soda for \$4.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.





Community and APG: Partners in Education

ARL employees teach students about the chemistry of sports

Story and photo by
RACHEL PONDER
APG News

Six scientists and engineers from the U.S. Army Research Laboratory visited Halls Cross Roads elementary school Nov. 5 to conduct science demonstrations for 3rd and 4th graders to celebrate National Chemistry Week, which was Oct. 19-25. National Chemistry Week is a program sponsored by the National American Chemical Society and supported by the Maryland local section, states the Web site www.membership.acs.org/m/md/.

This year the theme for National Chemistry Week was “Having a Ball with Chemistry,” and demonstrations were aimed at teaching children the chemistry of sports.

“One of the big goals for National Chemistry Week is to enlighten students as to how chemistry is all around them, even in things that they normally don’t think about as scientific, like sports,” said Dr. Sandra Young, who works at the Propulsion Science Branch at ARL, and helped organize the activity. She added that ARL is actively involved in outreach activities at local schools.

“At the Army Research Lab, we have been organizing activities at local schools since 2000,” Young said.

Young opened her presentation by asking the students “What is not made out of a chemical?” and “Are chemicals good or bad?”

“The answer to the first question is that every-



Darla Rawls, left, and Ryan Whittington, right, 3rd grade students at Halls Cross Roads Elementary School, listen as Neelam Mehta, a chemical engineer in the Explosives Technology Branch from the U.S. Army Research Laboratory explains a science demonstration that teaches the chemistry of swimwear Nov. 5, when six scientists and engineers visited the school’s 3rd and 4th grade classrooms to commemorate National Chemistry Week.

thing is made out of chemicals - everything you can see, everything you can touch, everything you can smell and everything you can taste is made out of a chemical or chemicals, which is why we like to say that chemistry and a basic understanding of it is very important,” she said.

“Companies are constantly pushing products that make unbelievable claims, many of which are just that unbelievable and do not work. It’s more important than ever to be an educated consumer,” she said.

“The answer to the second question is that chemicals are both good and bad,” Young continued.

“We challenge students to think about examples where chemicals are good and bad. Tylenol is good if you have a headache but as with any approved drug, if taken in too large quantity or more than the directions tell you, you can overdose. Lead is bad in paint but a lead shield placed on you used to block x-rays when getting an x-ray at the dental office is good. Water is good - fundamental to life, but if you’re a marathon runner, you can’t drink just water or you’ll throw off your body electrolytes and become seriously ill.”

Young and the other scientists and the students discussed the chemistry

involved in making the swimwear for the 2008 Olympics, where swimmers wore swimsuits made from nylon and spandex. The scientists and engineers told the students that these materials are made of synthetic polymers, which allow the swimmers to glide quickly through the water because the materials have less drag than human skin.

The scientists told the children that these materials aided American Olympic swimmer Michael Phelps, in setting many records including winning 14 Olympic gold medals-the most of any Olympian.

In one experiment, the scientists demonstrated the chemistry of swimwear by asking the children to color a square using crayons and a piece of cloth. The students then dropped a small amount of water on the material. Depending on

how well they covered the surface of the cloth, the liquid formed a bead on the material, and did not soak the material. The scientists told the students that when trying to make better swimsuit materials scientists started small like this and compared the materials to the original cotton suits making nylon, then comparing rubber-coated suits to nylon and kept making small changes to get to the advanced materials that are used today by Olympians. This quickly ‘made’ material by the students being preferable to cotton because the water beads instead of being absorbed into the material, which would weigh down the swimmers.

In another experiment, the students examined two types of balls—one that they called ‘happy’ and one they called ‘sad’ — that looked the same and felt the same. Students made observations, noting that one ball weighed more and one ball bounced higher than the other, and determined that they must be made out of different materials.

The scientists pointed out that sports balls are made out of a variety of materials and they are made a specific way according to the way they are going to be used and for what purpose.

“For instance, you wouldn’t use a golf ball for tennis and you wouldn’t use a basketball for volleyball,” Young said.

The scientists and engineers also shared stories about why they chose their career and told the students how they can become scientists and engineers.

“It takes a lot of hard work in school in order to be successful,” said Cliff Hubbard, an ARL ceramics engineer.

Neelam Mehta, a chem-

ical engineer in the Explosives Technology Branch, said that she wants to get more involved in outreach efforts at local schools.

“When I was in eleventh grade I had a great chemistry teacher who influenced my decision to become a scientist. I wanted to inspire children by showing them that science can be fun,” Mehta said.

Marcia Cole, a gifted and talented teacher at Halls Crossroads who helped organize the event, expressed gratitude toward the scientists and engineers.

“The students love hands-on experiments, and I am grateful that the scientists and engineers from ARL volunteered their time,” Cole said. “This shows the students what opportunities they might have if they are interested in science and put effort into their school work.”

Young said that this year, to date ARL has been to 11 schools and five libraries with six more library visits and two school visits scheduled. About 25 volunteers from ARL, a few from the Maryland Section of the American Chemical Society (MD-ACS), which include some ARL employees, and some student members from the MD-ACS, have worked with more than 1,500 students in Harford, Baltimore, Cecil, Howard counties and Baltimore City.

Young said that ARL, in addition to other places on post, are active in many of the U.S. Army Educational Outreach Programs.

“There are many opportunities for students on post or in the area to participate in outreach programs,” Young said.

For more information about U.S. Army Educational Outreach Programs, go to www.usaeop.com.

Four-star

From front page

graduating from the State University of New York at Cortland in 1975. She has graduate degrees in national resource strategy and

logistics management.

Her Family has a long history of military service, including her husband, who is a retired U.S. Air Force colonel.

“This promotion has taken me back in time like no other event in my entire life. And I didn’t appreciate the enormity of the event until the tidal wave of cards, letters and e-mails started coming my way,” Dunwoody said.

“I’ve heard from moms and dads that see this promotion as a beacon of hope for their own daughters, and an affirmation that anything is possible through hard work and commitment.”

Dunwoody also received congratulations and expressions of excitement from female veterans of previous wars.

The promotion is the latest first for women in the military, dating back to 1970 when Brig. Gen. Anna Mae Hays was promoted the first female general officer in the U.S. military.

In addition to receiving her fourth star, Dunwoody also took command of U.S. Army Material Command, headquartered at Fort Belvoir, Va., during an afternoon ceremony. As the commanding general, Dunwoody will oversee AMC headquarters’ move to Huntsville, Ala., under the 2005 Base Realignment Act. Prior to taking command, she served as the deputy commanding general and chief of staff of AMC.

“Today is all about two simple words: thank you,” Dunwoody said.

(Editor’s note: Reports from AMC Public Affairs and Elizabeth M. Collins contributed to this article.)

'Godfather of Combatives' gives his all for Soldiers

Story by
ROGER TEEL
USAOC&S

When Brian Sarjeant was on his last active duty assignment, he wondered what line of work he might pursue once he retired. Then his future became clear. He became an Army Combatives instructor and is now sometimes referred to as the "Godfather of Combatives" at Aberdeen Proving Ground.

Sarjeant, 42, retired as a sergeant first class in October 2007. His final assignment was in the Personnel Proponency Office at the U.S. Army Ordnance Center and Schools.

In 2005, Sarjeant was nominated by then-Regimental Command Sgt. Maj. Anthony Aubain to become a Combatives instructor. The training was conducted at Fort Benning, Ga.

"I never did marital arts, but CSM Aubain said, 'Hey, we got this combatives thing going on at Fort Benning and I thought about you.' I didn't know what it was, so I said, 'Fine,'" Sarjeant said.

"About a month went by and me and another guy headed to Benning, got trained up in Level 1, came back, and after another month went back for Level 2. At the same time we started teaching here. We had to be Level 2 certified in order to teach.

"We were teaching the Advanced NCO Course and Basic NCO Course at first, not the AIT Soldiers. In the early days we focused on NCOs.

"Then I went for Level 3 – and they start with boxing, and I'd never boxed before. We got down there and we're doing boxing everyday for a week -- full force striking, contact – everything. On Friday of the first week we were 'gonna have three fights.

"That Friday morning, me and the guy I was with looked at each other and said, 'What the hell are we doing here? We're welders!'

"Well, we went in and did the fights and did pretty well. We knew we were good when we went to the latrine and looked in the mirror. We didn't have black eyes or bloody lips, so we were good to go and gave each other thumbs up.

"Every Friday during Level 3 it was the same ritual. Whatever they were teaching, that's how we had to fight -- boxing, Mui Tai, stick fighting. And every Friday we had the same conversation about what were we doing there.

"And now we expose our AIT Soldiers to these

things."

"I've been in Combatives since it began," Sarjeant professes. "I was one of the first Level 3 Combatives instructors in the Ordnance Corps, and the first Level 4 instructor for the Ordnance Corps."

Since its inception a few years ago, Combatives are now taught – and embraced – at virtually every Army training installation.

"It's a hell of a program," Sarjeant says, emphatically. "It gives Soldiers self confidence. You know, most people are told to avoid conflicts all their life, but it's nice to know that when you confront someone -- when you deploy, or clear a house -- it's good to know that you can do this move and take care of yourself until your buddy can back you up."

Sarjeant recalls a scene from the movie "Saving Private Ryan" that drives home his point.

"There's a scene where a buddy was too afraid to help his buddy out. We don't want that to ever happen to our Soldiers," he said.

The Combatives program teaches survivability on the battlefield, Sarjeant said.

"When students leave here they should know exactly what they're doing. I don't think I've done my job unless they do," he said.

Sarjeant said instructor training is a vital part of the Combatives program.

"Level 1 is primary instruction, five days of program orientation. Ideally, every Soldier in the Army should be Level 1. Level 2 is a bit more (10 days/80 hours of instruction) and develops the instructor, giving you better understanding of Level 1 techniques.

"Level 3 and 4 are each 160 hours of training at Fort Benning. This level of instruction requires a professional commitment," Sarjeant added.

"The more you do it, the more you understand that you don't want to go out and pick a fight, because you don't know what this guy knows. It's basic self-defense that can help a Soldier out in a tough situation. It gives them the confidence to say, 'If I'm not gonna win the fight, at least I can hold the guy off until someone comes over to help me. I don't have to take the abuse that can hurt me, I can hold him off.'

"Combatives works on leverage and requires fitness, balance and quickness. We teach that you gotta be first, but if you're not first, here's a way out.

"I'm getting paid for it,

but I really stand behind the program because it's about people coming in, like timid females. About thirty days in you can see how much more confidence they've got," Sarjeant explained.

"I recently met a female who went through the program. She said, 'You know, a few weeks ago my husband beat me to within inches of my life. I thought I was gonna die. If I knew the things I know now, I would have been able to hold him off until someone came to help me out.'

"She felt really, really confident that she could now go back and defend herself," Sarjeant said.

"My greatest reward," the godfather continues, "is that I can train someone for six weeks and that last week they almost get what you're teaching them. Then the tournament comes and they pull it off. That's the big reward. That's something I did that helped them out. Just seeing the confidence come out in them... it's gratifying," he said.

"And then, when they get their medals and awards, they wear 'em all day. You see 'em in the PX and they're so proud. To me, it's like, 'I trained that guy.

"Then you see the smallest guy you trained and it's worth all the time that you put into it.

"I think Combatives really encourages Soldiers to train. They actually go after their NCOs and ask, 'When you doing Combatives training?' It makes 'em want to go.

"Command support is so important," Sarjeant continues.

"When our Soldiers go anywhere in the Army and they say they're from APG, people know about our Combatives program.

"I want Ordnance Soldiers when they leave here to say, 'Hey, I'm from Aberdeen. We kick butt.

"And if the command supports the program, we're going to have more NCOs taking charge and taking pride in training their Soldiers. These Soldiers leave here and they go to Iraq. And when they get there, I want them to be prepared. I would hate to meet a Soldier and because of something that someone should have taught them, they lose a life or lose a limb.

"Being from the 82nd Airborne and having been a jumpmaster and taking care of everyone in the bird, that stays with me. When I teach, I break this thing down to Barney Fife level. If you can't get it, then I'm not doing my job,



Photo by

Brian Sarjeant trains every aspect of Combatives at APG, including officiating quarterly tournaments.

and I try to break it down some more.

Sarjeant encourages every NCO to at least get Level 1 training.

"I've run Level 1 and 2 classes locally and I get folks coming TDY from Fort Benning and other installations. What I would like to see are folks from here coming to classes.

"Just come to the classes!" he exclaims. "Even if you don't want to teach students, just learn about it, see what the program is. Learn how to defend yourself!"

It's a lifelong commitment to yourself, Sarjeant said.

"You're not going to be at Aberdeen your whole military career. So when you leave here you need a little confidence. When you get in front of Soldiers you need to be confident and this is a confidence builder. I want the command to grab all their Soldiers and ask, 'Are you Level 1 certified? You need to be Level 1 certified.

"And if you're a staff sergeant, you need to learn a little more – go to Level 2.

"The Soldiers right now, at the end of the six weeks' training we give them, they look like the guys I go up against in the national tournaments I compete in. So if they're looking like that, and their NCOs don't know the techniques, then the NCOs are behind the power curve," he said.

Sarjeant also competes in the North American Grappling Association, which he described as "Combatives in a Gi." His Combatives cohorts Ronald Stallings and Ronald Seldon also compete.

"We go from standing to takedown to submission in six-minute rounds with six guys in your division. You leave it all on the mat," Sarjeant said, describing the action.

"We basically want to stay sharp on what we're teaching and have been competing for the past two years, about five or six meets a year."

NAGA meets are usually a weekend affair and Sarjeant and Company have been to meets from Connecticut to Virginia.

"We train twice a week as a team, but my staff and I train everyday. We do circuit training, jump rope, hit the heavy bag, also do some contact. It's a headache, but it's fun."

"Stallings is a ranked fighter. He even goes to the cage and has a 6-1 professional record. He tried out for Ultimate Fighting Championship – he's a beast! He keeps us honest.

Sarjeant sometimes thinks about his post-Army career move.

"At one point I thought I came out of the Army and went right back in doing the same thing. Sometimes it's hard for me to set it apart, to see the difference between being Army and

being civilian because I feel that responsibility, that the job is not over until it's done. I can't go home until they're all trained up.

"It's definitely a passion. A lot of people see it as work, but to me it's just going out there and training. It's like going to the gym and working out, an everyday thing. If I'm teaching a class and it's repetitions, I'll get in there and do it too.

"The thing about Combatives is when you go to school you have to train or you're going to get beat up. So let me train and get good at it so it will be less painful. They tell you 'You learn two ways: you learn by repetition; and you learn thru blunt trauma.' So I took the repetition thing to heart.

It's a passion he passes on to every Soldier he trains.

"The AIT Soldiers don't have much to do while they're here. I think with Combatives you take the focus away from guys getting into trouble and letting them focus on something that's positive.

"I wish when I came up as a private in the Army that I knew what I'm teaching now. I would have had a lot more confidence in a lot of situations if I knew what I knew now.

"I just love the program because I know what it can do for people and I know what it does," Sarjeant professes.

Results quarterly Combatives Tournament sponsored by 61st Ordnance Brigade Nov. 14,15

Super Heavyweight

1st Pvt. Saul Solivan, Company B, 143rd Ord Bn
2nd Pvt. Justin Styn, Company C, 143 Ord Bn
3rd Pvt. William Berry, HHC, 143 Ord Bn

Heavyweight

1st Spc. Jason Boruch, Company B, 16 Ord Bn
2nd Pfc. Carlos Carpinaha, Company B, 143 Ord Bn
3rd Pvt. Lawrence Poe, Company C, 143 Ord Bn

Light Heavyweight

1st Pfc. Ryan Burbidge, Company B, 143 Ord Bn
2nd Pfc. Craig Hall, Company B, 16 Ord Bn
3rd Pvt. Aaron Blackburn, (USMC)

Cruiserweight

1st Pvt. Jose Martinez, Company B, 143 Ord Bn
2nd Pvt. Lance Mitchell, Company C, 16 Ord Bn
3rd Pvt. Edan Rose, Company A, 16 Ord Bn

Middleweight

1st Pfc. David Linstrom, Company A, 143 Ord Bn
2nd Pvt. Michael Long, Company C, 143 Ord Bn
3rd Pvt. Willie Horn, Company B, 143 Ord Bn

Welterweight

1st Pvt. Giek, Company C, 143 Ord Bn
2nd Pvt. Brett Bourdage, Company B, 16 Ord Bn
3rd Pvt. Jeffery Marder, Company B, 143 Ord Bn

Lightweight

1st Pvt. Richard Gonzales, Company B, 143 Ord Bn
2nd Pvt. Adrian Cotton, Company C, 143 Ord Bn
3rd Pfc. Nathaniel Richardson, Company C, 16 Ord Bn

Featherweight

1st Pvt. Nicholas Mullen, USMC
2nd Pvt. Kelley Nicholas, Company A, 16 Ord Bn
3rd Pvt. Jeffrey Brust, Company C, 16 Ord Bn

Flyweight

1st Pvt. Matthew Smith, Company A, 143 Ord Bn
2nd Pfc. Anthony Estrada, Company B, 16 Ord Bn
3rd Pvt. Jose Sanchez, HHC 143 Ord Bn

WOMEN'S DIVISION

Heavyweight

1st Pvt. Asia Garcia, Company B, 16 Ord Bn
2nd Pfc. Savonta Dubose, Company C, 16 Ord Bn
3rd Pvt. Tamerisk Witherspoon, Company B, 143 Ord Bn

Cruiserweight

1st Pvt. Nichole Edgerton, Company C, Ord Bn
2nd Pvt. Morgan Rabe, Company B, 16 Ord Bn
3rd Pvt. Judy Cervantes, HHC, 143 Ord Bn

Middleweight

1st Pvt. Jordan Currie, Company B, 143 Ord Bn
2nd Pvt. Sheyla Colon, Company C, 143 Ord Bn
3rd Pfc. Kimberly Lopez, Company B, 16 Ord Bn

Lightweight

1st Pvt. Babilie Terska, Company A, 16 Ord Bn
2nd Pfc. Samantha Ramdass, Company B, 143 Ord Bn
3rd Pvt. Debra Boyce, Company C, 16 Ord Bn

MEN'S PERMANENT PARTY

190 lbs and up

1st 2nd Lt. Jonathon Joseph, Company E, 16 Ord Bn
2nd 2nd Lt. Evan Carey, Company E, 16 Ord Bn

189 lbs

1st Sgt. Herman Baker, Marine Detachment
2nd 2nd Lt. Eric Collier, Company E, 16 Ord Bn
3rd 2nd Lt. David Garcia, Company E, 16 Ord Bn

WOMEN'S PERMANENT PARTY

1st 2nd Lt. J. Hergenroeder, Company E, 16 Ord Bn
2nd 2nd Lt. Ashleigh Davidson, Company E, 16 Ord Bn
3rd 2nd Lt. Samantha Smay, Company E, 16 Ord Bn

BEST BATTALION

143rd Ord Bn (187 total points)
16th Ord Bn (183 total points)

BEST COMPANY

Company B, 143rd Ord Bn